

# Sweet and Spicy Vegetarian Chili

**Prep time:** 20 minutes

**Cook time:** 1 hour, 0 minutes

**Makes:** 6 Servings

## Ingredients

**4 1/2 cups** water  
**1/2 cup** carrots, raw, diced  
**1/2 cup** Celery Raw, Diced  
**1 tablespoon** Onions, raw, diced  
**3/4 cup** Beans, Garbanzo, Canned, drain/rinse  
**3/4 cup** Beans, Kidney, Canned, drain/rinse  
**1/2 cup** Tomato Paste, Canned, Low Sodium  
**1 1/2 tablespoons** honey  
**1 1/8 teaspoons** paprika  
**1 1/8 teaspoons** cumin, ground  
**1 teaspoon** Salt, table  
**1/2 teaspoon** Pepper, black  
**1/2 teaspoon** Pepper, Cayenne, Ground  
**1/4 teaspoon** Cocoa Dry, Powder, Unsweetened  
**1/8 teaspoon** Cinnamon, ground

## Directions

1. In a 2-3 quart kettle on the stove boil the water. Drain and rinse 1/2 cup of garbanzo beans and 1/2 cup of kidney beans.
2. Add vegetables, drained and rinsed beans and tomato paste to water, mix and simmer for 30 minutes.
3. Drain and rinse the remainder of the beans. In a separate bowl, mash them with a potato masher or back of spoon. Add to kettle and mix.
4. Add honey, spices and chocolate. Mix well. Simmer on low until internal temperature reaches 165 degrees, approximately 20 minutes. Chili will thicken slightly as it sits.



5. Serve.

## Notes

Serving Size: 1 cup

Serving Tips:

A savory winter time favorite this delectable main dish will warm your spirits. The splash of seasonings and ingredients gives this recipe its unique flavor. Partner with a cheesy bread stick and offer toppings to complete your meal.